

RED DEER NATIVE FRIENDSHIP SOCIETY

4808 51 AVE, RED DEER, AB T4N 4H3

friendship@rdnfs.com Phone: (403) 340-0020



Fax: (403) 342-1610



**MAY
NEWSLETTER**



MAY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2 SCIS Walk In 9:00-11:00	3 Thunderbird Learners	4 Ribbon Skirt/Shirt Workshop 9:00-4:00
5 Woman's Wellness (zoom) 9:30-11:30 SCIS Walk In 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30	6 Community Blanket 9:00-12:00 SCIS Appointment	7 Womens Wellness 3:30-5:00 Wahkohtowin 9:30-11:30 Wellbriety 6:00-8:00	8 Office Closed	9 SCIS Walk In 9:00-11:00 Afternoon of crafting 1:00-4:00	10 Thunderbird Learners	11
12 Woman's Wellness (zoom) 9:30-11:30 SCIS Walk In 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30	13 SCIS Appointment	14 Womens Wellness 3:30-5:00 Wahkohtowin 9:30-11:30 Wellbriety 6:00-8:00	15	16 SCIS Walk In 9:00-11:00	17 Thunderbird Learners	18
19 Office Closed	20 SCIS Appointment Book Club 6:00-7:30	21 Womens Wellness 3:30-5:00 Wahkohtowin 9:30-11:30 Wellbriety 6:00-8:00	22	23 SCIS Walk In 9:00-11:00	24 Sweetgrass Kindness Forum Thunderbird Learners	25
26 Woman's Wellness (zoom) 9:30-11:30 SCIS Walk In 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30	27 SCIS Appointment	28 Womens Wellness 3:30-5:00 Wahkohtowin 9:30-11:30 Wellbriety 6:00-8:00	29	30 SCIS Walk In 9:00-11:00		

Celebrating culture with your donation!



**Donations
over \$10 will
receive a
charitable
receipt**

**Please give to the Friendship Centre
programs and services**

Donations can be emailed to donations@rdnfs.com



CULTURAL CONNECTIONS

Red Dress Day: Healing The Past, Present, and Future

Bee Henry

Every year on the 5th of May, Indigenous communities gather to honour Red Dress Day, raising awareness for missing and murdered Indigenous women, girls, and Two Spirit+ people (MMIWG2S+). When discussing MMIWG2S+, it is important to remember that gender-based violence directed at Indigenous communities is an old and dynamic issue. A few of the historical pieces tied to the ongoing violence against Indigenous people include:

1. The criminalisation of Indigenous languages and ceremony: From 1884-1951 (67 years), it was a federal crime for Indigenous people to speak their languages or practice their cultures. This means that for generations, many of the cultural roles, rites of passage, and community expectations for Indigenous people were lost or forgotten.
2. Gender inequality in the Indian Act: From 1876-1985 (109 years), Indigenous women who married European or Canadian settler men were granted 1 enfranchisement and lost their Indian status. This means that once enfranchised, Indigenous women- who were often the keepers of culture and tradition- were not free to pass their knowledge on to their children. In 1985, bill C-31 amended the Indian Act and allowed Indigenous women to keep or reclaim their Indian status, and to pass their Indian status on to their children.
3. The impact of Indian Residential Schools: From 1835-1996 (161 years), the federal government funded religion-based schools designed to 2 assimilate Indigenous children into colonial settler culture. This means that approximately 150,000 Indigenous children were forcibly removed from their families and taught to act, think, and speak in a way that was more similar to settler Canadians than their Indigenous relatives.

CULTURAL CONNECTIONS

As historical facts, these events tell a true story of separation from culture, family, community, and overall safety. The criminalisation of Indigenous language and ceremony told the false story that Indigenous ways of life were inferior to those of settler Canadians; the gender inequality in the Indian act told the false story that Indigenous women have less of a claim to their culture than Indigenous men; the residential schools told the false story that Two Spirit people do not exist and that Indigenous children are better off without access to their families or culture. Together, these historical events tell the false story that all Indigenous people- with unique targets placed on women, children, and Two Spirits- are less than human and deserve to be treated as such.

Although toxic and outdated, there are still people who hold 3 white-supremacist beliefs and will use their bias to justify harming people of colour with verbal, psychological, or even physical abuse. Additionally, 4 sexist beliefs which devalue the intelligence, strength, autonomy, and personhood of women enables individuals to justify acts of violence against women, girls, and feminine presenting people. Due to issues like homophobia and transphobia, similar acts of violence are carried out against 2SLGBTQIA+ people. As individual issues, racism, sexism, and homo/transphobia have resounding impacts for the communities who are targeted by this hatred.

Additionally, it is important to consider how racism, sexism, and homo/transphobia 5intersect to impact Indigenous women, girls, and Two Spirit+ people.



CULTURAL CONNECTIONS

For example, if racism leads to higher rates of violence towards people of colour, it stands to reason that- because of racism- an Indigenous person is at higher risk of violence than a white person.

Then, if you combine that with the fact that sexism leads to higher rates of violence towards women, girls, and feminine presenting people, it stands to reason that- because of racism and sexism- an Indigenous woman is at higher risk of violence than an Indigenous man. Finally, if you combine that with the fact that homo/transphobia leads to higher rates of violence towards 2SLGBTQIA+ people, it stands to reason that- because of racism, sexism, and homo/transphobia- a feminine 2SLGBTQIA+ Indigenous person is at a higher risk of violence than a cisgender and heterosexual Indigenous woman. Of course, it is important to note that regardless of intersectional risk factors, violence and safety can find anyone at any time, so it is always wise to prioritise your personal safety and the wellbeing of others. That said, it is also important to recognise that there are historical and modern risk factors that uniquely influence and target marginalized communities, contributing to the ongoing crisis of violence against Indigenous women, girls, and 2SLGBTQIA+ people.

Although the mission to end gender-based violence against Indigenous women, girls, and 2SLGBTQIA+ people is large and at times overwhelming, the Final Inquiry into Missing, Murdered Indigenous Women and Girls says that there are eight steps every Canadian can take in order to help make a positive difference.

CULTURAL CONNECTIONS

Calls for justice for all Canadians

1. Denounce and speak out against violence that is directed towards Indigenous women, girls, and 2SLGBTQIA+ people.
2. Decolonize by learning the true history of Canada and Indigenous history in your local area. Learn about and celebrate Indigenous People's history, cultures, pride, and diversity, acknowledging the land you live on and its importance to local Indigenous communities, both historically and today.
3. Develop knowledge and read the Final Report. Listen to the truths shared, and acknowledge the burden of these human and Indigenous rights violations, and how they impact Indigenous women, girls, and 2SLGBTQIA+ people today.
4. Use what you have learned- and what you will continue to learn- to become a strong ally. Being a strong ally involves more than just tolerance; it means actively working to break down barriers and to support others in every relationship and encounter in which you participate.
5. Confront and speak out against racism, sexism, ignorance, homophobia, and transphobia, and teach or encourage others to do the same, wherever it occurs: in your home, in your workplace, or in social settings.
6. Protect, support, and promote the safety of women, girls, and 2SLGBTQIA+ people by acknowledging and respecting the value of every person and every community, as well as the right of Indigenous women, girls, and 2SLGBTQIA+ people to generate their own, self-determined solutions.
7. Create time and space for relationships based on respect as human beings, supporting and embracing differences with kindness, love, and respect. Learn about Indigenous principles of relationship specific to those Nations or communities in your local area, and put them into practice in all of your relationships with Indigenous Peoples.
8. Help hold all governments accountable to act on the calls for justice, and to implement them according to the principles set out in the Final Report.

CULTURAL CONNECTIONS

This May, let us work together to honour the Indigenous women, girls, and 2SLGBTQIA+ people in our communities, and let us use the other eleven months of the year to follow the calls for justice and leave the world better than we found it.

- 1 Enfranchisement in the Indian Act means: the legal process for terminating a person's Indian status and giving them full Canadian citizenship.
- 2 Assimilate (or assimilation) in the Indian Act means: the process of Indigenous people becoming more similar to settler Canadians.
- 3 White-supremacist describes a person who: believes that white-skinned people are better and more deserving of autonomy, safety, happiness, and success than people of colour.
- 4 Sexist means: believing that men are better and more deserving of power, leadership, financial freedom, and control than women or gender diverse people.
- 5 Intersect (or social intersectionality) means: the areas where discrimination strategies overlap.



ASIAN HERITAGE MONTH

ASIAN HERITAGE MONTH IS A TIME TO CELEBRATE THE RICH TAPESTRY OF CULTURES AND HISTORIES THAT ASIAN COMMUNITIES BRING TO CANADA. IT IS A CHANCE FOR US TO LEARN ABOUT THE TRADITIONS, CUSTOMS, AND EXPERIENCES THAT HAVE SHAPED THE IDENTITIES OF ASIAN CANADIANS. IT IS ALSO AN OPPORTUNITY TO RECOGNIZE AND APPRECIATE THE COUNTLESS CONTRIBUTIONS AND ACCOMPLISHMENTS OF INDIVIDUALS OF ASIAN HERITAGE IN SHAPING OUR NATION'S PAST, PRESENT, AND FUTURE. ASIAN CANADIANS HAVE PLAYED A VITAL ROLE IN BUILDING THE DIVERSE AND INCLUSIVE SOCIETY THAT WE CHERISH TODAY. LET US TAKE THIS MONTH TO REFLECT, HONOR, AND CELEBRATE THE VIBRANT MOSAIC OF ASIAN CULTURES THAT ENRICH OUR CANADIAN IDENTITY.



CANADIAN JEWISH HERITAGE MONTH

May is Canadian Jewish Heritage Month, a time to commemorate and honor the rich tapestry of Jewish culture, faith, and history in Canada. It offers a platform to recognize the invaluable contributions that Jewish communities have made to shaping the social, political, and economic landscape of our nation. From arts and literature to science and technology, the influence of Jewish Canadians can be felt far and wide. This month serves as a reminder to embrace diversity and mutual respect, as we come together to celebrate the unique heritage and legacy of the Jewish community. It is a chance to educate ourselves, engage in meaningful conversations, and foster a spirit of unity and understanding among all Canadians.

Wellbriety - Red Deer

Red Deer Recovery Community

Times:

Sunday' 10:30am

Monday's 7:30pm

Location: 27227 Township Road 391

(Highway 2A, north of Red Deer, right hand side of hwy)

Ph: 587-797-4290

Red Deer Native Friendship Society

Time: Wednesday's 6pm

Location: 4808 51st Ave

Ph: 403-340-0020

John Howard Society

Time: Friday's 12pm-1pm

Location: 4916 50 St

Ph: 403-343-1770

White Bison - Wellbriety online Zoom

Monday Evenings at:

3:30 PM PST 4:30 PM MST 5:30 PM CST 6:30 PM EST

Zoom ID: 894 5692 5999

PW: 598518

info@whitebison.org Whitebison.org

Facebook - White Bison Inc (more zoom meetings on here)

Times and Locations can change.

Please contact each organization at the provided phone number for further information. For general information on Wellbriety meetings throughout Alberta contact Hans at:

hans@safeharbour society.org or Ph: [403-550-7085](tel:403-550-7085)



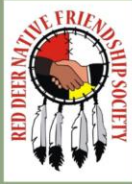
PAINTED WARRIOR YOUTH TRIP





Youth on the land





SECURED CERTIFICATE OF INDIAN STATUS & INDIAN STATUS REGISTRATION



Hours of Operation:

Monday: 9:00 AM - 2:00 PM (Walk-ins) & Friday: 9:00 AM - 11:00 AM (Walk-ins)

Tuesday: 9:00 AM - 2:00 PM (Appointment Only)

Evening Appointments available on: Tuesday: 4:00 PM - 7:00 PM (Appointment Only)



Contact Landi at 825-989-6488

If Applying for Band Registration (not already registered within a band)

You will need:

- Original long-form Birth Certificate (listing parent(s)' names).
- One piece of valid Photo ID (e.g., Driver's License, or Government issued Photo ID).
- Knowledge of your family history (e.g., parents' and grandparents' background).

For any questions or
to book an
appointment please
contact:

(825) 989-6488

landi@rdnfs.com

4808-51 Avenue

Red Deer

If Applying for a Secure Certificate of Indian Status (SCIS)

You will need:

- Birth Certificate.
- One piece of valid Photo ID
(e.g., Driver's License, or Government
issued Photo ID).
- Treaty Card or Band Number.



Government
of Canada

Gouvernement
du Canada

Canada



ARE YOU NEWLY ELIGIBLE FOR INDIAN STATUS?

**CHANGES UNDER BILL S-3 HAVE EXPANDED
ELIGIBILITY FOR INDIAN STATUS REGISTRATION.
IF YOUR FAMILY WAS IMPACTED BY PAST
GENDER DISCRIMINATION IN THE INDIAN ACT,
YOU OR YOUR CHILDREN MAY NOW QUALIFY
FOR STATUS.**

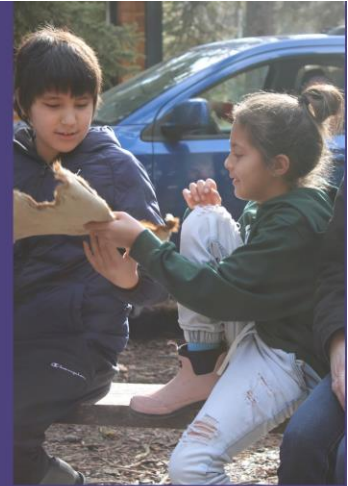
WHO MAY BE ELIGIBLE?

- Those whose ancestors lost or were denied Status due to gender-based discrimination.
- Individuals who were previously ineligible due to outdated rules in the Indian Act.
- Descendants of women who lost their Status before 1985 due to marriage.

NEED HELP WITH REGISTRATION?

Our team at the Red Deer Native Friendship Society is here to help! Contact us today to find out if you qualify and get assistance with your application. Book an appointment with Landi: 825-9896488

SHARE THIS POST TO HELP SPREAD THE WORD!



PAINTED WARRIOR YOUTH TRIP





Youth on the land





INSTAGRAM :

@REDDEERFRIENDSHIP

TWITTER :

@RDNFSTWT

FACEBOOK PAGE :

@REDDEERFRIENDSHIP

OR

RED DEER NATIVE FRIENDSHIP SOCIETY - RDNFS

TIKTOK :

@REDDEERNFS

Ages 14 - 24

YOUTH ON THE LAND



anfca
alberta native friendship
centres association



Youth can learn about:

- Ceremony
- Growing and Harvesting Medicines
- Being an Elder's Helper
- Storytelling
- Tipi Teachings
- Sweat Lodge Teachings

Youth can participate in:

- Sweats
- Field Trips
- Sports Events
- Meet Indigenous Mentors
- Mentoring Youth
- Supporting community seniors



LITTLE PAWS CHILDMINDING

Safe and Caring Childcare Services

Our Service:

Free culturally centered childminding for all participants in the Four Directions programs.

CONTACT US



(403) 340-0020



sasha@rdnfs.com

Alberta
Government





WAHKOHTOWIN

TRADITIONAL PARENTING

WITH

SASHA

**REGISTRATION
IS
NOW OPEN**



9:30-11:30 A.M EVERY WEDNESDAY

**GRACIOUSLY
FUNDED BY**



4808 51 AVE
RED DEER, AB

**FOR MORE
INFORMATION
CALL
403-340-0020**

free
CHILDMINDING

Polish Heritage Month



May is a significant month for Polish Canadians as it is proclaimed as Polish Heritage Month, dedicated to honoring the rich contributions of this community to the country's history, culture, and society. This month holds a special place in the hearts of Polish Canadians, as it also serves to commemorate Constitution Day in Poland on May 3rd. This day marks a pivotal moment in Polish history and highlights the enduring spirit of democracy and independence. Through various events and activities, Polish Heritage Month celebrates the traditions, achievements, and diversity of the Polish Canadian community, fostering a deeper understanding and appreciation of their heritage.



Red Deer's Friendship Marketspace Inc. is a social enterprise designed to support RDNFS' community based programs through partnerships with local small businesses, artists, and organizations.

The Friendship Shop recognizes the need for unrestricted funding within social programming to allow for access of services and supports, we are therefore committed to directing profits back into the community by uplifting the sales and impacts of our partners.



Visit our website to learn more & to shop our products!

friendshipshop.ca





SCAN HERE FOR BROCHURES

Red Deer Native Friendship Society



Email friendship@rdnfs.com for brochures
if unable to use QR code

BROCHURES:

- RDNFS INFO
 - FOUR DIRECTIONS
 - PIMĀCIHOWIN HOUSING
PROGRAM
 - NANĀTAWIHOWIN CULTURE TEAM
 - NANĀTAWIHOWIN TWO-SPIRIT
PROGRAM
- 
- 



MAY 17



INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA



TODAY, WE STAND ALONGSIDE LGBTQ₂ COMMUNITIES ACROSS CANADA AND AROUND THE WORLD TO CONDEMN ALL FORMS OF DISCRIMINATION AND VIOLENCE, BASED ON GENDER IDENTITY AND GENDER EXPRESSION. HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA HAVE NO PLACE IN THIS COUNTRY, AND WE WILL CONTINUE TO DEFEND THE RIGHTS OF LGBTQ₂ COMMUNITIES. IT IS ESSENTIAL THAT WE CREATE A SOCIETY WHERE EVERYONE CAN LIVE AUTHENTICALLY AND WITHOUT FEAR OF JUDGMENT OR HARM. BY PROMOTING INCLUSION AND ACCEPTANCE, WE CAN BUILD A MORE COMPASSIONATE AND EQUITABLE WORLD FOR ALL INDIVIDUALS, REGARDLESS OF THEIR SEXUAL ORIENTATION OR GENDER IDENTITY. LET US STAND UNITED IN OUR COMMITMENT TO EQUALITY AND JUSTICE FOR ALL.



MAY 24 VICTORIA DAY



Victoria Day is a federal Canadian public holiday to honour Queen Victoria, who is known as the "Mother of Confederation".

Fun Fact

Victoria was the first to wear white on her wedding day, setting a trend that would endure through generations. Her choice to wear a white satin and laced gown, along with an orange blossom wreath, diamond jewelry, and a sapphire brooch, made a statement in the fashion world. While women of her time typically wore their favourite dresses to wed, regardless of colour, Victoria's decision marked a turning point. Her marriage to Prince Albert became synonymous with the white wedding dress tradition. This simple yet bold choice paved the way for brides everywhere to embrace the elegance, and timelessness of a white wedding gown, a tradition that remains prevalent in modern weddings.



WELLBRIETY

Join Us Every **Wednesday**
@ **6 pm MST**

 **Red Deer Native Friendship Society**
4808 51 Avenue, Red Deer, AB

Need childminding?
We got you covered.

Free culturally centered
childminding available as
part of our Little Paws
program.

Parents who require this service should arrive
15 min. early. NO admissions after 6pm.

Graciously funded by:





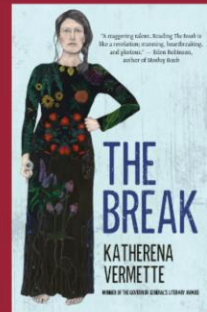
Book Club

Downtown Branch

Join the Red Deer Native Friendship Society and library staff to discuss books by Indigenous authors. Explore the history, culture and experiences of Indigenous and Two Spirit peoples. **Ages 16+**

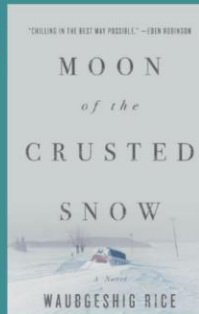
Meet 2 authors!

Enjoy a virtual presentation with Waubgeshig Rice this May, then join us for an in-person visit from Cree Nomad in June! Registration required at rdpl.org/events or phone 403-346-4576.



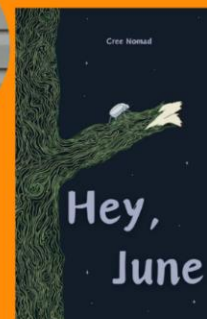
Tuesday, April 15

6 p.m. - 7:30 p.m.



Tuesday, May 20

6 p.m. - 7:30 p.m.



Sunday, June 15

1 p.m. - 2:30 p.m.



Canada Council
for the Arts
Conseil des arts
du Canada
We acknowledge the support of
the Canada Council for the Arts.



Wichewakan Youth Wellbriety

**JOIN US MONDAY'S
4:30-6:30 P.M.
4808 51 AVENUE, RED DEER**

- Weekly Meetings
- One-on-One sessions
- Monthly Field Trips
- Quarterly Family Events

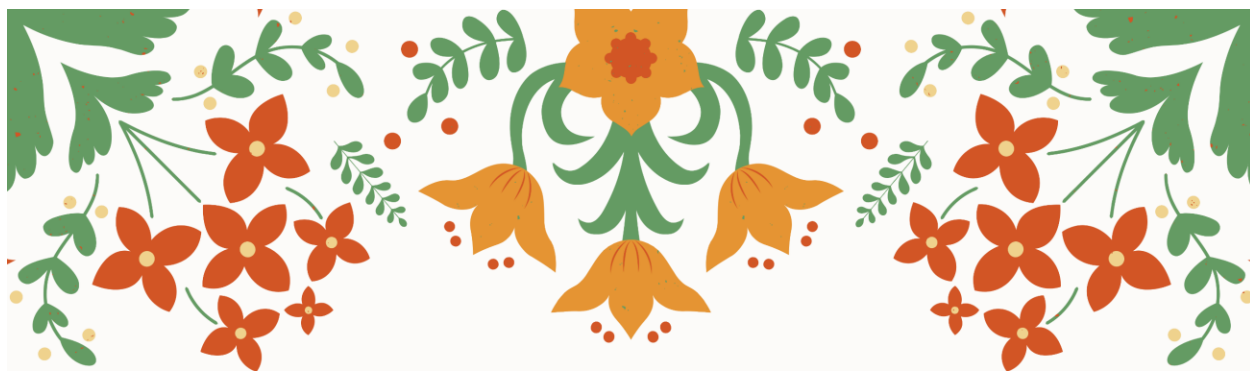


To Register

Funded by:



**For more information
call (403) 340-0020
or email Anne at
anne@rdnfs.com**



May 5 Dutch Heritage Day


Today, people across Canada will mark Dutch Heritage Day, a time to honour the sacrifices made by past members of the Canadian armed forces in the liberation of the Netherlands during the Second World War. It is also an opportunity to celebrate the many contributions that generations of Dutch Canadians have made—and continue to make—to this country we all know and love. From building strong communities to enriching our cultural fabric, Dutch Canadians have played a significant role in shaping the Canada we see today.

Their resilience, hard work, and dedication serve as a reminder of the enduring bond between Canada and the Netherlands. As we commemorate Dutch Heritage Day, let us reflect on the shared history and values that unite our nations and reaffirm our commitment to a future of peace, freedom, and friendship.





Community SPRING FEAST

All Together Mâmwai LLA. Aksiksika 

May 28-31th, 2025
FORT NORMANDEAU

Join us for Traditional Teachings, Wellbriety, Ceremonies, and Community Sweatlodge

A shuttle to and from the College will be arranged. No Disposables or Styrofoam. Please bring your own feast bag, chair blanket, hats, sunscreen, etc. The Feast goes, rain or shine. Protocol attire to be observed.

Check the full schedule and protocols at safeharboursociety.org
For more information email hans@safeharboursociety.org or cell 403-550-7085.



COMMUNITY RESOURCE CONTACT *list*

AISH/INCOME SUPPORT: 1-866-644-5135

AISH FAX: 403-506-8205

CARE FOR NEWCOMERS: 403-346-8818

C.A.W.E.S: 403-346-5643

DAY SHELTER: 403-342-1505

FASD NETWORK: 403-342-7499

FOOD BANK: 403-343-1770

JOHN HOWARD SOCIETY: 403-343-1770

MUSTARD SEED: 403-347-1844

OUTREACH SAFE HARBOUR: 403-877-7222

POTTER'S HANDS SOUP KITCHEN: 403-349-4246

PREGNANCY CARE NETWORK: 403-343-1619

RED DEER OUTREACH CENTER: 403-347-2480

RED DEER SOUP KITCHEN: 403-341-4470

SAFE HARBOUR: 403-347-0181

SALVATION ARMY: 403-340-0625

